



Regis College

Center for Health and Wellness

Dear Incoming Regis Student:

The Regis College Center for Health and Wellness would like to welcome you to Regis.

Massachusetts law and Regis College require that **prior to a student's arrival on campus** all incoming students provide proof of immunizations, have a physical examination, and submit their health forms. **Students must complete and upload all required medical documentation to CastleBranch, an online record management system.** Please refer to pages 2 and 3 for step-by-step instructions. **Regis athletes** must complete this process **in addition to** the athletic department requirements.

Due Dates:

All health records must be uploaded to CastleBranch by:

- Monday, July 31, 2023 for fall enrollment
- Tuesday, January 2, 2024 for spring enrollment

Students must provide all required health records, including vaccination records, by the due dates. Failure to comply with that deadline could result in consequences which may include, but are not limited to, removing you from your current courses, restricting your access to Moodle, and/or preventing you from registering for future courses. Students are responsible for complying with this deadline **without exception.**

Your health information is confidential and protected by state and federal laws. The information you submit is maintained by the Regis College Center for Health and Wellness in the strictest confidence. Privacy regulations prevent Regis College from releasing or discussing any health information without your written consent, except when there is imminent danger to you or to others, or where permitted by law.

If you have indicated in your health forms that you have **a medical condition, chronic illness or concerning allergy**, we encourage you to contact the Regis College Center for Health and Wellness at **781-768-7290** to schedule a **free consultation with one of our health care providers** to discuss how we may be helpful.

All enrolled Regis College students who study on the Weston Campus are welcome to utilize our **confidential counseling center** by calling the Center of Health and Wellness to schedule an appointment. Students are offered twelve free sessions of counseling each academic year.

For students seeking accommodations, (physical, psychological or learning): please contact the Office of Accessibility Services by phone at 781-768-7384 or email: accessibility@regiscollege.edu.

If you have any questions or concerns, please call the Regis College Center for Health and Wellness at (781) 768-7290.

Sincerely,

Tammi Magazzu, RN, WHNP-BC
Associate Dean and Medical Director
Regis College Center for Health and Wellness



How to use CastleBranch

Setting up your CastleBranch account:

1. Go to CastleBranch.com
2. Select: *Place an order* (top right)
3. Enter Package Code: *EO10* (letters *E* and *O*, and numerals *1* and *0*)
4. Accept the Terms and Conditions of Use and select *Continue*
5. The Personal Identification Number (PIN) is the Regis student ID number
6. Enter student's *Regis email address* (which will then become the *myCB* username) along with the required personal information to complete the order.

Log into CastleBranch and download the required forms for printing:

Regis College Health Forms and Instructions Packet (18 pages in total) can be downloaded from Requirement #1 of the To Do List.

Uploading required documentation:

The most effective way to upload a document to CastleBranch is to scan it and save it as a PDF or take a clear photo, and upload the PDF or photo to the requirement. **Please note:** all uploads must be **clear and legible, and meet the requirements or they will be rejected.**

1. **Regis Health Forms and Instructions Packet:** Download and print the entire Regis Health Forms and Instructions Packet.
2. **Demographic Form:** Please complete and upload **page 4** of the Health Forms Packet.
3. **Health History Form:** Please complete and upload **page 5** of the Health Forms Packet.
4. **Health Insurance and Consents Form:** Please complete and upload **page 6** of the Health Forms Packet. ***In addition to this form, please include a copy of the front and back of the student's medical insurance card. Completed page 6 and a copy of the front and back of the card must be scanned and uploaded together as one document.***
5. **Physical Exam:** Please complete and upload **page 7** of the Health Forms Packet. The physical exam must be **within 1 year** and signed by a health care provider. The Regis physical exam form from the packet or a pre-printed and signed document from a health care provider may be used.

Immunizations (requirements 6 -10): The immunization form (**page 8** of the Health Forms Packet) or a pre-printed form from a health care provider may be used. If the Regis immunization form is used, it must be signed by a health care provider. If a provider's pre-printed form is used, the student's name, date of birth and the health care provider's name must appear on the document. **Important: If the immunization record has multiple pages, please upload the entire immunization document for each vaccine requirement listed below.**

6. **MMR (Measles (Rubeola), Mumps, Rubella):**
7. **Varicella (Chicken Pox):**
8. **Hepatitis B:**



9. Tdap (Tetanus, Diphtheria, Pertussis):

10. Meningococcal Vaccination or Waiver Forms: Please refer to **pages 13 and 14** of the Health Forms Packet.

11. Tuberculosis (TB) Questionnaire and Testing Forms: Please refer to **pages 9, 10 and 11** of the Health Forms Packet.

ADDITIONAL INFORMATION

- Once all documents have been uploaded, the status for each line item on the To Do List in CastleBranch will be shown as, **PENDING REVIEW**.
- CastleBranch personnel will review each line item to ensure that the appropriate information has been uploaded.
- If the uploaded documents **meet the requirements**, the status for the line item on the To Do List in CastleBranch will be changed from **PENDING REVIEW** to **COMPLETE**.
- If the uploaded documents **do not meet the requirements**, the status for the line item on the To Do List in CastleBranch will be changed from **PENDING REVIEW** to **REJECTED**. The reason for the rejection can be found under the word **REJECTED**.
- To **upload corrected information** for any line item, a student **must re-upload ALL pages for that particular CastleBranch requirement**. For example, if a student did not submit a front and back copy of a health insurance card along with page 6, the requirement will be rejected. A student must upload Page 6 **AND** a copy of the front and back of the medical insurance card again.
- For questions, please contact Edward Hand, Regis College Center for Health and Wellness Compliance Coordinator at 781-768-7290 or email him at health.services@regiscollege.edu.
- For CastleBranch account support, contact the CastleBranch service desk directly at 888-723-4263.

HEALTH HISTORY FORM

FAMILY HISTORY

RELATIONSHIP	AGE	STATE OF HEALTH	IF DECEASED, AGE AND CAUSE OF DEATH	HAVE ANY OF YOUR IMMEDIATE RELATIVES HAD ANY OF THE FOLLOWING: (Please put check mark)	YES	NO	RELATIONSHIP
Father				Alcoholism/Substance abuse			
Mother				Cancer			
Brother				Diabetes			
Sister				Heart Disease/High blood pressure			
Spouse				Kidney disease			
Children				Neuromuscular disorder			
				Mental Illness/Depression			
				Tuberculosis			
Additional Sibling				Sudden death before age 50			
Additional Sibling				Other			

STUDENT MEDICAL HISTORY

Please check all that apply

- | | | | | |
|-------------------------------------|--|--|--------------------------------------|--------------------------------|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney | <input type="checkbox"/> Mumps | <input type="checkbox"/> Other |
| <input type="checkbox"/> Ashma | <input type="checkbox"/> Ears | <input type="checkbox"/> Liver | <input type="checkbox"/> Rubella | |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Eating Disorder | <input type="checkbox"/> Measles | <input type="checkbox"/> Seizures | |
| <input type="checkbox"/> Concussion | <input type="checkbox"/> Eyes | <input type="checkbox"/> Mental Health | <input type="checkbox"/> Sickle Cell | |
| <input type="checkbox"/> COVID-19 | <input type="checkbox"/> Heart | <input type="checkbox"/> Mononucleosis | <input type="checkbox"/> Thyroid | |

Comments:

Are you currently followed by a medical provider for a medical condition?	Yes	No
Reason:		
Are you currently followed by a medical provider for a mental health condition?	Yes	No
Reason:		
Have you had any surgical procedures?	Yes	No
If yes, list with dates:		
Do you exercise regularly?	Yes	No
Do you smoke or vape?	Yes	No
Do you consume alcohol?	Number of drinks per week:	
ALLERGIES		
Do you have any allergies? If so, please specify below, including the reaction.	Yes	No
Medication(s)/Reaction:		
Food(s)/Reaction:		
Other/Reaction:		
Do you carry an Epi-Pen?	Yes	No

If you have indicated above that you have a medical condition, chronic illness or concerning allergy, we encourage you to contact the Regis Center for Health and Wellness at 781-768-7290 to schedule a free consultation with a health care provider to discuss how we may be helpful.

HEALTH INSURANCE AND CONSENTS FORM

PRIMARY HEALTH INSURANCE INFORMATION

Health insurance company name: _____

Health insurance company address: _____

Insurance phone number: _____

Group name: _____

ID#: _____ Group#: _____

Name of subscriber: _____ Subscriber DOB: ___/___/___ Relationship to insured: _____

Primary care physician: _____ Physician phone number: _____

It is the responsibility of the student to obtain referrals or authorization, as required by your insurance company, for payment of services.

Student is responsible for all charges that are not covered by health insurance.

Please upload a copy of your insurance card (front and back).

Note: This is NOT a waiver for the Regis student health insurance.

MASSACHUSETTS IMMUNIZATION INFORMATION SYSTEMS (MIIS)

Regis College Health Services is required by law (M.G.L. c. 111, Section 24M) to participate in the Massachusetts Immunization System (MIIS) which is a confidential, electronic system that collects and stores vaccination records for Massachusetts resident of all ages. This program is operated by the Massachusetts Department of Public Health and is designated to help you along with your health care providers, schools and childcare centers, to keep track of the vaccinations that you have received. All residents of Massachusetts, including Regis College Students, will have their vaccine information entered into the MIIS. Your name, address, gender, date of birth, and health care provider's information will be entered to identify you within the MIIS. All this information given through MIIS is secure and confidential. Massachusetts's residents have the right to limit who may see their or their child's information in the MIIS. If you prefer that your or your child's immunization history not be shared with other health care providers who use MIIS, please complete the MIIS Objection Form (mass.gov/eohhs/docs/dph/cdc/immunization/miis-objection-form.pdf)

CONSENT FOR MEDICAL TREATMENT

I grant permission to the staff of Regis College Center for Health and Wellness to provide medical treatment for illness, injury, immunizations or preventative care to the above named student. This includes emergency treatment (including transport to a local hospital, surgery and anesthesia) in the event of a serious illness or injury when parent or guardian cannot be reached. I also give consent for psychological and/or medical treatment, including medication, if necessary, should this student request such treatment while a student at Regis.

Student's Name (please print): _____ **Student's Signature (Required):** _____ **Date:** ___/___/___

Parent/Guardian's Name (please print): _____ **Parent/Guardian's Signature (Required):** _____ **Date:** ___/___/___

(Parent/guardian signature required for all students under the age of 18)

CONSENT TO SHARE HEALTH INFORMATION

In order to monitor the health of students, faculty, and staff, Regis College, discloses individual health information to certain partners and government agencies. Specifically, Regis College discloses health information to entities that operate systems or software programs that enable Regis College to monitor concerning symptoms, health testing, and vaccinations across the community. By signing below, I grant Regis College permission to make these disclosures.

Student's Name (please print): _____ **Student's Signature (Required):** _____ **Date:** ___/___/___

Parent/Guardian's Name (please print): _____ **Parent/Guardian's Signature (Required):** _____ **Date:** ___/___/___

(Parent/guardian signature required for all students under the age of 18)

First Name: _____ Last Name: _____ D.O.B. ___/___/___

REGIS COLLEGE PHYSICAL EXAM FORM

Physical Examination must be within the past twelve months.
A health care provider must complete this form or supply comparable physical exam form.

Student's Name: _____ **Date of Birth:** ___/___/___ **Date of Exam:** ___/___/___
Last First MI Month Day Year Month Day Year

Height: _____ Weight: _____ BMI: _____ BP: _____ Pulse: _____

System	Normal	Describe Abnormality
1. Skin		
2. HEENT		
3. Lungs/Chest		
4. Breasts		
5. Heart/Vascular System		
6. Abdomen (rectal if indicated)		
7. Genito-urinary		
8. Gynecological		
9. Lymphatic		
10. Musculoskeletal		
11. Neurological		
12. Endocrine		
13. Psychological		
Recommended Labs: Hgb / Hct: _____ Cholesterol: _____ Glucose: _____ Protein: _____ Micro: _____		

CURRENT AND CHRONIC PROBLEMS:

1. _____ 2. _____
 3. _____ 4. _____

IF THE STUDENT IS UNDER YOUR CARE FOR A CHRONIC CONDITION OR SERIOUS ILLNESS, PLEASE PROVIDE US WITH ADDITIONAL INFORMATION TO ASSIST US IN PROVIDING CONTINUING CARE:

ALLERGIES

- Medications: _____ Reaction: _____
- Seasonal, insects, venom: _____ Reaction: _____
- Foods: _____ Reaction: _____

Does the student have an Epi-pen? _____

CURRENT MEDICATIONS

Prescription	Non-Prescription	Vitamins	Herbal

FIT FOR SPORTS

Applicant may participate in school/sports/activities without restriction/limitations. Yes No If no, please explain below:

Reason(s) for restricting participation: _____

HEALTH CARE PROVIDER'S SIGNATURE:

Health care Provider's Name (please print) _____ Signature _____

Office Address _____ Phone (_____) _____ Fax (_____) _____

REGIS COLLEGE CENTER FOR HEALTH AND WELLNESS IMMUNIZATIONS FORM:

Required Vaccines	Dates Received	MA State Requirements
Hepatitis B (may be Hepatitis B OR Hepatitis A/B combined)	Vaccine Name: _____ #1 ___/___/___ #2 ___/___/___ #3 ___/___/___ OR Positive Titer HBsAB Date: ___/___/___ <i>(copy of lab result required)</i>	3 doses; laboratory evidence of immunity acceptable; 2 doses of Heplisav-B given on or after 18 years of age are acceptable.
Meningococcal Quadrivalent 1 dose MenACWY (formerly MCV4) required for all full-time students 21 years of age or younger.	Vaccine Name: _____ Single Dose: ___/___/___ OR Signed Waiver: _____	1 dose; The dose of MenACWY vaccine must have been received on or after the student's 16 th birthday. Students may decline MenACWY vaccine after they have read and signed the MDPH Meningococcal Information and Waiver Form provided in this packet. Meningococcal B vaccine is not required and does not meet this requirement.
MMR (Measles, Mumps, Rubella) OR individual vaccines or titers: • Measles • Mumps • Rubella	#1 ___/___/___ #2 ___/___/___ #1 ___/___/___ #2 ___/___/___ OR Positive Titer Date: ___/___/___ #1 ___/___/___ #2 ___/___/___ OR Positive Titer Date: ___/___/___ #1 ___/___/___ #2 ___/___/___ OR Positive Titer Date: ___/___/___ <i>(copy of lab results required)</i>	2 doses; first dose must be given on or after the 1 st birthday and second dose must be given ≥ 28 days after first dose; laboratory evidence of immunity acceptable. Birth in the U.S. before 1957 acceptable only for non-health science students.
Tdap (Tetanus, Diptheria, Pertussis)	Tdap: ___/___/___ *If greater than 10 years ago , must also provide date of recent Td: ___/___/___ or Tdap: ___/___/___	1 dose; and history of a DTaP primary series or age-appropriate catch-up vaccination. Tdap given at ≥ 7 years may be counted, but a dose at age 11-12 is recommended if Tdap was given earlier as part of a catch-up schedule. Td or Tdap should be given if it has been ≥ 10 years since Tdap.
Varicella	#1 ___/___/___ #2 ___/___/___ OR Positive Titer Date: ___/___/___ <i>(copy of lab results required)</i> OR History of disease: Yes ___ No ___ Date: ___/___/___	2 doses; first dose must be given on or after the 1 st birthday and second dose must be given ≥ 28 days after first dose; history of chicken pox as documented by clinician or laboratory evidence of immunity is acceptable. Birth in the U.S. before 1980 acceptable only for non-health science students.
<u>STRONGLY RECOMMENDED & ADDITIONAL IMMUNIZATIONS</u>	<u>Dates Received</u>	<u>Standing Dosing</u>
Influenza	Vaccine Name: _____ Single Dose: ___/___/___	Single dose for 2023-2024 influenza season
Meningococcal Group B MenB-4C (Bexsero) OR MenB-Fhbp (Trumenba)	Vaccine Name: _____ #1 ___/___/___ #2 ___/___/___ #1 ___/___/___ #2 ___/___/___ #3 ___/___/___	Bexsero: 2 doses at least one month apart Trumenba: 3 doses at 0, 3 and 6 month intervals
Human Papillomavirus (HPV)	Vaccine Name: _____ #1 ___/___/___ #2 ___/___/___ #3 ___/___/___	3 doses at 0, 3 and 6 month intervals
Hepatitis A OR Hepatitis A & B Combined	Vaccine Name: _____ #1 ___/___/___ #2 ___/___/___ #1 ___/___/___ #2 ___/___/___ #3 ___/___/___	Hepatitis A: 2 doses at least 6 months apart Hepatitis A & B Combined: 3 doses given at 0, 3 and 6 month intervals.
COVID-19 Vaccines:	Vaccine Name: _____ Date: ___/___/___ Vaccine Name: _____ Date: ___/___/___ Vaccine Name: _____ Date: ___/___/___ Vaccine Name: _____ Date: ___/___/___	COVID-19 vaccines per CDC recommendations.

HEALTH CARE PROVIDER'S SIGNATURE:

Health care Provider's Name (Please Print): _____ Signature: _____ Date: ___/___/___

Address: (Including City and State): _____

Phone: (____) _____ Fax: (____) _____

TUBERCULOSIS (TB) QUESTIONNAIRE AND TESTING FORMS

Please refer to this list of countries/territories with high TB incidence when responding to the questions below.

Afghanistan	Colombia	Haiti	Mongolia	Singapore
Algeria	Comoros	Honduras	Morocco	Solomon Islands
Angola	Congo	India	Mozambique	Somalia
Anguilla	Democratic People's Republic of Korea	Indonesia	Myanmar	South Africa
Argentina	Democratic Republic of the Congo	Iraq	Namibia	South Sudan
Armenia	Djibouti	Kazakhstan	Nauru	Sri Lanka
Azerbaijan	Dominica	Kenya	Nepal	Sudan
Bangladesh	Dominican Republic	Kiribati	Nicaragua	Suriname
Belarus	Ecuador	Kuwait	Niger	Tajikistan
Belize	El Salvador	Kyrgyzstan	Nigeria	Thailand
Benin	Equatorial Guinea	Lao (People's Democratic Republic)	Niue	Timor-Leste
Bhutan	Eritrea	Latvia	Northern Mariana Islands	Togo
Bolivia (Plurinational State of)	Eswatini	Lesotho	Pakistan	Tokelau
Bosnia and Herzegovina	Ethiopia	Liberia	Palau	Tunisia
Botswana	Fiji	Lithuania	Panama	Turkmenistan
Brazil	French Polynesia	Madagascar	Papua New Guinea	Tuvalu
Brunei Darussalam	Gabon	Malawi	Paraguay	Uganda
Bulgaria	Gambia	Malaysia	Peru	Ukraine
Burkina Faso	Georgia	Maldives	Philippines	United Republic of Tanzania
Burundi	Ghana	Mali	Qatar	Uruguay
Côte d'Ivoire	Greenland	Malta	Republic of Korea	Uzbekistan
Cabo Verde	Guam	Marshall Islands	Republic of Moldova	Vanuatu
Cambodia	Guatemala	Mauritania	Romania	Venezuela (Bolivarian Republic of)
Cameroon	Guinea	Mexico	Russian Federation	Republic of)
Central African Republic	Guinea-Bissau	Micronesia (Federated States of)	Rwanda	Vietnam
Chad	Guyana		Sao Tome and Principe	Yemen
China, Hong Kong SAR			Senegal	Zambia
China, Macao SAR			Sierra Leone	Zimbabwe

Sources: World Health Organization Global Health Observatory, Tuberculosis Incidence 2020. Countries with incidence rates ≥ 20 cases per 100,000 population. ACHA Guidelines: Tuberculosis Screening and Targeted Testing of College and University Students

PART 1: TUBERCULOSIS SCREENING QUESTIONS: (TO BE COMPLETED BY INCOMING STUDENT)		YES	NO
#1	Have you ever tested positive for Tuberculosis (TB) <i>If yes, when:</i> _____		
#2	Have you ever had close contact with persons known or suspected to have active TB disease? <i>If yes, when:</i> _____		
#3	Were you born in a country or territory with high TB rate (this includes any country <i>other than</i> the United States, Canada, Australia, New Zealand, or a country in western or northern Europe)? If you are uncertain, please refer to list above. <i>If yes, what country?</i> _____ <i>Date of entry to U.S.:</i> ____/____/____		
#4	Have you had frequent or <i>prolonged visits</i> to one or more of the countries or territories with high TB rate (this includes any country <i>other than</i> the United States, Canada, Australia, New Zealand, or a country in western or northern Europe)? If you are uncertain, please refer to the list above. The significance of the travel exposure should be discussed with a health care provider and evaluated. <i>If yes, what country?</i> _____ <i>When:</i> _____		
#5	Have you been a resident, volunteer and/or employee of high-risk congregate settings including correctional facilities, long-term care facilities, and/or homeless shelters, rehabilitation facility?		
#6	Have you been a volunteer or health care worker who served clients who are at increased risk for active TB disease?		
#7	Have you been a member of any of the following groups that may have increased risk of latent TB infection or active TB disease: medically underserved, low-income, or abusing drugs or alcohol?		

- If the answer to all of the above questions is **NO**, no further testing or further action is required at this time. You do not need to complete pages 10 and 11 of this packet. **HOWEVER**, please sign and date this form. Page 9 is the only page you will have to upload to CastleBranch.
- If the answer is **YES to question 1**, **No additional TB testing** (TST, IGRA) should be performed. **HOWEVER**, your health care provider must complete pages 10 and 11 with additional testing and/or documentation as needed. **Pages 9, 10 and 11 must be uploaded together.**
- If the answer is **YES to any of the questions 2-7**, Regis College requires that you receive **TB testing within 6 months prior to the start of the semester**. Your health care provider must complete pages 10 and 11 with additional testing and/or documentation as needed. **Pages 9, 10 and 11 must be uploaded together.**

TUBERCULOSIS (TB) QUESTIONNAIRE AND TESTING FORMS

PART 2: TUBERCULOSIS RISK ASSESSMENT: TO BE COMPLETED BY A HEALTH CARE PROVIDER

YES NO

Please review and verify the information in **Part 1, TB Screening Questions** on the previous page. Per the CDC, TB blood tests are the preferred method of TB testing for people who have received the BCG vaccine.

#1	Does the person have a history of a positive TB skin or IGRA blood test? Date of Test: _____ Type of TB test: _____ <i>If yes</i> , please complete all sections of pages 2 and 3, as applicable.		
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#2	Does the person have a history of receiving the Bacillus Calmette-Guerin (BCG) vaccine? <i>If yes</i> , consider IGRA if possible.		
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PART 3: TUBERCULOSIS SYMPTOM SCREENING: TO BE COMPLETED BY A HEALTH CARE PROVIDER

YES NO

#1	Coughing for more than 2-3 weeks?		
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#2	Coughing up blood? (hemoptysis)		
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#3	Weight loss of more than 10 pounds for no known reason?		
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#4	Fever of 100°F (or 38°C) for over 2 weeks?		
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#5	Unusual or heavy sweating at night?		
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#6	Unusual weakness or extreme fatigue?		
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If YES to any of the above questions, in Part 3, student must proceed with additional evaluation to exclude active tuberculosis disease. Your health care provider must complete pages 10 and 11 with additional testing and/or documentation as needed.

PART 4: TUBERCULIN SKIN TEST (TST): TO BE COMPLETED BY A HEALTH CARE PROVIDER

TST result should be recorded as actual millimeters (mm) of induration, transverse diameter; if no induration, write "0". The TST interpretation should be based on mm of induration as well as risk factors, see interpretation guidelines below.

Date Planted: ____/____/____ Time Planted: _____ Site Planted: _____ Manufacturer: _____

Lot Number: _____ Expiration Date: ____/____/____ Planted by: _____

Date Read: ____/____/____ Time Read: _____ Result: MM of induration: _____ Read By: _____

INTERPRETATION OF TUBERCULIN SKIN TEST: (Please use table below and circle response) Negative / Positive.

>5 mm is positive:

- recent close contacts of an individual with infectious TB
- persons with fibrotic changes on a prior chest x-ray, consistent with past TB disease
- organ transplant recipients and other immunosuppressed persons (including receiving equivalent of >15 mg/d of prednisone for >1 month.)
- HIV-infected persons

>10 mm is positive:

- Foreign born or travelers to the U.S. from high prevalence areas or who resided in one for a significant* amount of time
- injection drug users
- mycobacteriology laboratory personnel
- residents, employees, or volunteers in high-risk congregate settings
- persons with medical conditions that increase the risk of progression to TB disease including silicosis, diabetes mellitus, chronic renal failure, certain types of cancer (leukemia and lymphomas, cancers of the head, neck, or lung), gastrectomy or jejunioileal bypass and weight loss of at least 10% below ideal body weight.

>15 mm is positive:

- persons with no known risk factors for TB who, except for certain testing programs required by law or regulation, would otherwise not be tested.

TUBERCULOSIS (TB) QUESTIONNAIRE AND TESTING FORMS

PART 5: INTERFERON GAMMA RELEASE ASSAY (IGRA): TO BE COMPLETED BY A HEALTH CARE PROVIDER

Date of Test: ____/____/____ Type of Test: QuantiFERON-TB Gold Plus T-Spot other

Result: Positive Negative Indeterminate Borderline (T-spot only)

Please attach a copy of the lab report.

PART 6: CHEST X-RAY (Required if TST or IGRA is POSITIVE: TO BE COMPLETED BY A HEALTH CARE PROVIDER

A chest x-ray is required if TST or IGRA is positive. Note: a single PA view is indicated in the absence of symptoms.

Date of Chest x-ray: ____/____/____

Result: Abnormal Normal Interpretation: _____

Please attach a copy of the written chest x-ray report

PART 7: MANAGEMENT OF POSITIVE TST OR IGRA: TO BE COMPLETED BY A HEALTH CARE PROVIDER

In deciding whether to recommend treatment of LTBI to individual patients, the clinician should weigh the likelihood of infection, the likelihood of progression to active tuberculosis infection, and the benefit of therapy. Student in the following groups are at increased risk of progression from LTBI to active TB disease and should be prioritized to begin treatment as soon as possible.

- Infected with HIV
- Recently infected with M. tuberculosis (within the past 2 years)
- History of untreated or inadequately treated TB disease, including persons with fibrotic changes on chest radiograph consistent with prior TB disease.
- Receiving immunosuppressive therapy such as tumor necrosis factor-alpha (TNF) antagonists, systemic corticosteroids equivalent to greater than 15 mg of prednisone per day, or immunosuppressive drug therapy following organ transplantation
- Diagnosed with silicosis, diabetes mellitus. Chronic renal failure, leukemia, or cancer of the head, neck or lung
- Have had a gastrectomy or jejunioileal bypass
- Weigh less than 90% of their ideal body weight
- Cigarette and e-cigarette smokers and persons who abuse drugs and/or alcohol

**PART 8: MANAGEMENT OF POSITIVE TST OR IGRA: MEDICATION SECTION:
TO BE COMPLETED BY A HEALTH CARE PROVIDER**

YES NO

#1 Was the patient educated and counseled on latent tuberculosis and advised to take medication because of the positive results?

#2 Did the patient decline treatment at this time?

#3 Did the patient agree to receive treatment at this time?

• Indicate medication(s) prescribed: Start Date: ____/____/____ End Date: ____/____/____

- **Students with a history of a positive TB test, who have not been treated for latent TB must have an annual symptom review with a health care provider.**

PART 9: SIGNATURE OF HEALTH CARE PROVIDER

Signature of Health Care Provider

Printed Name

Date

Mailing Address

Office Phone

Office Fax Number

Dear Parent/Student:

As the Director of Regis College Center for Health and Wellness, I am writing to inform you about meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningitis, and the regulations pertaining to meningococcal disease and vaccination.

Meningitis is rare. However, when it strikes, its flu-like symptoms make diagnosis difficult. If not treated early, meningitis can lead to swelling of the fluid surrounding the brain and spinal column as well as severe and permanent disabilities, such as hearing loss, brain damage, seizures, limb amputation and even death.

Massachusetts law requires all newly enrolled full-time students 21 years of age and under attending college to receive a dose of quadrivalent meningococcal conjugate vaccine on or after their 16th birthday and prior to the start of classes to protect against serotypes A, C, W and Y, or fall within one of the exemptions in the law listed below.

According to the Massachusetts Department of Public Health, students may begin classes *without* a certificate of immunization against meningococcal disease if:

1. the student has a letter from a physician stating that there is a medical reason why he/she cannot receive the vaccine (medical exemption);
2. the student (or the student's parent/legal guardian, if the student is a minor) presents a statement in writing that such vaccination is against his/her sincere religious belief (religious exemption); or
3. the student (or the student's parent/legal guardian, if the student is a minor) signs the [MDPH Meningococcal Information and Waiver Form](#) stating that the student has received information about the dangers of meningococcal disease, reviewed the information provided and elected to decline the vaccine (Meningococcal waiver exemption).

If you have any questions or concerns, please call Health Services at (781) 768-7290.

Sincerely,



Tammi Magazzu
Tammi Magazzu, RN, WHNP-BC
Associate Dean and Medical Director
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Information about Meningococcal Disease, Meningococcal Vaccines, Vaccination Requirements and the Waiver for Students at Colleges and Residential Schools



Colleges: Massachusetts requires all newly enrolled full-time students 21 years of age and under attending a postsecondary institution (e.g., college) to receive a dose of quadrivalent meningococcal conjugate vaccine on or after their 16th birthday to protect against serotypes A, C, W and Y or fall within one of the exemptions in the law, discussed on the reverse side of this sheet.

Residential Schools: Massachusetts requires all newly enrolled full-time students attending a secondary school who will be living in a dormitory or other congregate housing licensed or approved by the secondary school or institution (e.g., boarding school) to receive quadrivalent meningococcal conjugate vaccine to protect against serotypes A, C, W and Y or fall within one of the exemptions in the law, discussed on the reverse side of this sheet.

The law provides an exemption for students signing a waiver that reviews the dangers of meningococcal disease and indicates that the vaccination has been declined. To qualify for this exemption, you are required to review the information below and sign the waiver at the end of this document. Please note, if a student is under 18 years of age, a parent or legal guardian must be given a copy of this document and must sign the waiver.

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue that surrounds the brain and spinal cord called the "meninges" and cause meningitis, or they can infect the blood or other body organs. Symptoms of meningococcal disease may appear suddenly. Fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, sensitivity to light and rash can all be signs of meningococcal disease. Changes in behavior such as confusion, sleepiness, and trouble waking up can also be important symptoms. Less common presentations include pneumonia and arthritis. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who live, another 10-20% lose their arms or legs, become hard of hearing or deaf, have problems with their nervous systems, including long term neurologic problems, or suffer seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person's saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing or sneezing.

Who is at most risk for getting meningococcal disease?

High-risk groups include anyone with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited immune disorder), HIV infection, those traveling to countries where meningococcal disease is very common, microbiologists who work with the organism and people who may have been exposed to meningococcal disease during an outbreak. People who live in certain settings such as first year college students living on campus and military recruits are also at greater risk of disease from some of the serogroups.

Which students are most at risk for meningococcal disease?

In the 1990s, college freshmen living in residence halls were identified as being at increased risk for meningococcal disease. Meningococcal disease and outbreaks in young adults were primarily due to serogroup C. However, following many years of routine vaccination of young people with quadrivalent meningococcal conjugate vaccine (for serogroups A, C, W and Y), serogroup B is now the primary cause of meningococcal disease and outbreaks in young adults. Among the approximately 9 million students aged 18-21 years enrolled in college, there are an average of 20 cases and 0-4 outbreaks due to serogroup B reported annually. Although incidence of serogroup B meningococcal disease in college students is low, four-year college students are at increased risk compared to non-college students; risk is highest among first-year students living on campus. The close contact in college residence halls, combined with social mixing activities (such as going to bars, clubs or parties; participating in Greek life; sharing food or beverages; and other activities involving the exchange of saliva), may put college students at increased risk.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease. Quadrivalent meningococcal conjugate vaccine is routinely recommended at age 11-12 years with a booster at age 16. Students receiving their first dose on or after their 16th birthday do not need a booster. Individuals in certain high-risk groups may need to receive 1 or more of these vaccines based on their doctor's recommendations. Adolescents and young adults (16-23 years of age) who are not in high-risk groups may be vaccinated with meningococcal B vaccine, preferably at 16-18 years of age, to provide short-term protection for most strains of serogroup B meningococcal disease. Talk with your doctor about which vaccines you should receive.

Is the meningococcal vaccine safe?

Yes. Getting meningococcal vaccine is much safer than getting the disease. Some people who get meningococcal vaccine have mild side effects, such as redness or pain where the shot was given. These symptoms usually last for 1-2 days. A small percentage of people who receive the vaccine develop a fever. The vaccine can be given to pregnant women. A vaccine, like any medicine, is capable of causing serious problems such as severe allergic reactions, but these are rare.

Is meningococcal vaccine mandatory for entry into secondary schools (that provide housing) and colleges?

Massachusetts law (MGL Ch. 76, s.15D) and regulations (105 CMR 220.000) require both newly enrolled full-time students attending a secondary school (with grades 9-12) who will be living in a dormitory or other congregate housing licensed or approved by the secondary school or institution and newly enrolled full-time students 21 years of age and younger attending a postsecondary institution (e.g., college) to receive a dose of quadrivalent meningococcal conjugate vaccine.

At affected secondary schools, the requirements apply to all new full-time residential students, regardless of grade (including grades pre-K through 8) and year of study. Secondary school students must provide documentation of having received a dose of quadrivalent meningococcal conjugate vaccine at any time in the past unless they qualify for one of the exemptions allowed by the law. College students 21 years of age and younger must provide documentation of having received a dose of quadrivalent meningococcal conjugate vaccine on or after their 16th birthday regardless of housing status unless they qualify for one of the exemptions allowed by the law. Meningococcal B vaccines are not required and do not fulfill the requirement for meningococcal vaccine. Whenever possible, immunizations should be obtained prior to enrollment or registration. However, students may be enrolled or registered provided that the required immunizations are obtained within 30 days of registration.

Exemptions: Students may begin classes without a certificate of immunization against meningococcal disease if: 1) the student has a letter from a physician stating that there is a medical reason why they can't receive the vaccine; 2) the student (or the student's legal guardian, if the student is a minor) presents a statement in writing that such vaccination is against their sincere religious belief; or 3) the student (or the student's legal guardian, if the student is a minor) signs the waiver below stating that the student has received information about the dangers of meningococcal disease, reviewed the information provided and elected to decline the vaccine.

Shouldn't meningococcal B vaccine be required?

CDC's Advisory Committee on Immunization Practices has reviewed the available data regarding serogroup B meningococcal disease and the vaccines. At this time, there is no routine recommendation and no statewide requirement for meningococcal B vaccination before going to college (although some colleges may institute a requirement). Those aged 16-23 years may be vaccinated with a serogroup B meningococcal vaccine, preferably at 16-18 years of age, to provide short-term protection against most strains of serogroup B meningococcal disease. This is decided by the patient and health care provider. These policies may change as new information becomes available

Where can a student get vaccinated?

Students and their legal guardians should contact their health care providers to make an appointment to discuss meningococcal disease, the benefits and risks of vaccination, and the availability of these vaccines. Schools and college health services are not required to provide this vaccine.

Where can I get more information?

Your health care provider; your local Board of Health (listed in the phone book under government); or the Massachusetts Department of Public Health Divisions of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at <https://www.mass.gov/info-details/school-immunizations>.

Waiver for Meningococcal Vaccination Requirement

I have received and reviewed the information provided on the risks of meningococcal disease and the risks and benefits of quadrivalent meningococcal conjugate vaccine. I understand that Massachusetts law requires newly enrolled full-time students at secondary schools who are living in a dormitory or congregate living arrangement licensed or approved by the secondary school, and newly enrolled full-time students at colleges and universities who are 21 years of age or younger to receive meningococcal vaccinations, unless the students provide a signed waiver of the vaccination or otherwise qualify for one of the exemptions specified in the law.

After reviewing the materials above on the dangers of meningococcal disease, I choose to waive receipt of meningococcal vaccine.

Student Name: _____ Date of Birth: _____ Student ID: _____

Signature: _____ Date: _____
(Student or parent/legal guardian if student is under 18 years of age)

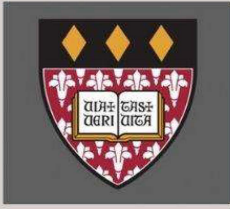
STUDENT MEDICAL RECORD

A student's health information is confidential and protected by State and Federal Laws. Regis Health Services respects student confidentiality and is dedicated to protecting student rights.

A student's medical record is the property of Regis College Center for Health and Wellness. Privacy regulations prevent us from releasing any health information without written consent of the patient, or where otherwise permitted by law.

We are required by law to obtain a signed informed consent for release of information. As custodian of your medical record, we must therefore review your record before we copy it. If there is any mention of drug/alcohol abuse, sexual assault, sexually transmitted disease, physical abuse, HIV, AIDS, abortion or mental health treatment, you will be required to state in writing if you do or do not want that information released. The law restricts the recipient of health information from further disclosure. This means that we cannot make copies of records that we received from your previous providers, and you will have to request copies from them.

Requests for copies from Health Services may necessitate a search through old records and may take up to 7 business days to process.



REGIS COLLEGE

CENTER FOR HEALTH AND WELLNESS

SERVING THE STUDENTS, FACULTY, AND STAFF OF REGIS COLLEGE

Clinic Hours:

Monday from 9 AM to 7 PM
Tuesday through Friday 9 AM to 4 PM



Health Services Team:

- Tammi Magazzu - Medical Director, WHNP
- Rebecca Hill - Clinical Care Leader, FNP
- Margaret Duggan - WHNP
- Erin Tetler - FNP
- Cheryl Murphy - RN
- Amy Bouvier - RN
- Beth DeArias - Administrative Assistant
- Stacey Cloutman - Billing Coordinator
- Eddie Hand - Compliance Coordinator

Conditions Treated & Services Offered:

Services are billed through the student's insurance

- Sore throats, coughs, earaches, cold and flu
- Eye infections, irritations, or injuries
- Asthma, bronchitis, pneumonia
- Vomiting and diarrhea
- Wounds, dressing changes, suture removal
- Minor sprains or strains
- Muscle aches or pains
- Urinary issues
- Routine gynecological exams
- Gender-related health issues

- Other minor illnesses or injuries
- Physical exams (work, school, sports, camp, and clearances)
- Strep Testing (Rapid & Culture)
- Mono Testing
- COVID-19 rapid testing
- Splinting
- Phlebotomy Lab Services
- Immunizations & Flu Shots
- TB testing

INFORMATION REGARDING MANDATORY HEALTH FORMS FOR INCOMING STUDENTS CAN BE FOUND AT: WWW.REGISCOLLEGE.EDU. IN THE SEARCH FIELD LOCATED AT THE TOP RIGHT OF THE HOME PAGE, TYPE "IMMUNIZATION AND HEALTH FORMS".

PHONE: 781-768-7290
FAX: 781-768-7288
EMAIL: HEALTH.SERVICES@REGISCOLLEGE.EDU
235 WELLESLEY STREET
WESTON, MA 02493

COUNSELING SERVICES

The Counseling Center is dedicated to supporting the educational mission of Regis College by providing professional mental health services to students. All enrolled Regis College students who study on the Weston Campus are welcome to utilize our confidential counseling center by visiting the Center for Health and Wellness. Students are offered twelve free sessions of counseling each academic year. Sessions after the first twelve are provided at the counselor's discretion based on clinical necessity. Mental Health professionals are on campus daily (Monday through Friday) and services are available year-round. Students located in Massachusetts can choose to have video counseling sessions if clinically appropriate.

Clinic Hours

- Monday 9 a.m. to 5 p.m.
- Tuesday 9 a.m. to 5 p.m.
- Wednesday 9 a.m. to 5 p.m.
- Thursday 9 a.m. to 5 p.m.
- Friday 9 a.m. to 4 p.m.

Evening hours are available by Telehealth on Mondays and Wednesdays



Counseling Services Team

Kathryn S. Klickstein - Director of Counseling

Serena Cardoso - Assistant Director of Counseling

Lindsay Miller - Counselor

Stacey Villeda - Counselor

We offer individual counseling, consultations, mental health assessments, substance abuse assessments and counseling, medication evaluation and management, coordination with outside professionals, referrals to off-campus services, wellness groups and workshops.

Appointments

Stop by Health Services or call 781.768.7290 to schedule an appointment. Same day appointments are available as needed. For all mental health emergencies after clinic hours, contact the Regis College Police Department at 781.768.7777

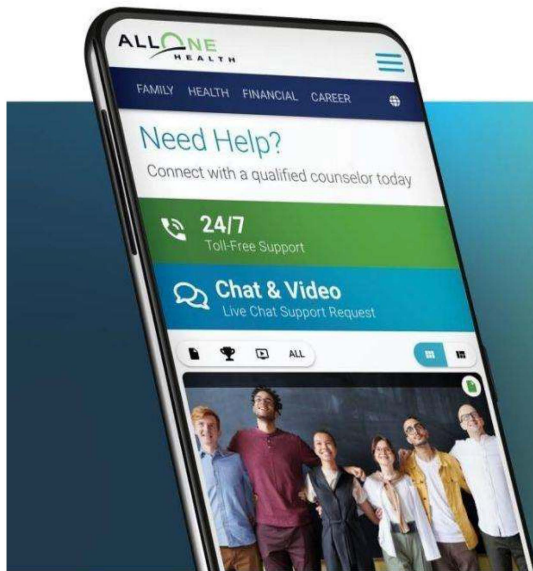
For urgent counseling issues and to speak with a member of our counseling staff when the Center for Health and Wellness is closed, please contact the Regis College Police Department at 781.768.7111 and ask to be connected to the on-call Student Affairs staff member

After Hours Counseling

All Regis students are welcome to use our Student Assistance Program (formerly called Talk One2One). This Student Assistance Program from AllOne Health provides students with 24/7 instant access to phone counseling with a mental health professional.

For 24/7 "in the moment support" with a mental health professional call: 800.756.3124

EMAIL:
COUNSELING.SERVICES@REGISCOLLEGE.EDU



Introducing Your Student Portal

Browse benefits. Request services. Enjoy 24/7/365 access.

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your student portal.

Request a Mental Health Session

Request counseling by submitting an online form or live chat. Choose from in-person or virtual counseling options to meet your needs.

Request Referrals & Resources

Submit a request for family care and lifestyle support including childcare and eldercare referrals, legal and financial consultation, personal assistant referrals and medical advocacy consultation.

Explore Thousands of Self-Care Articles & Resources

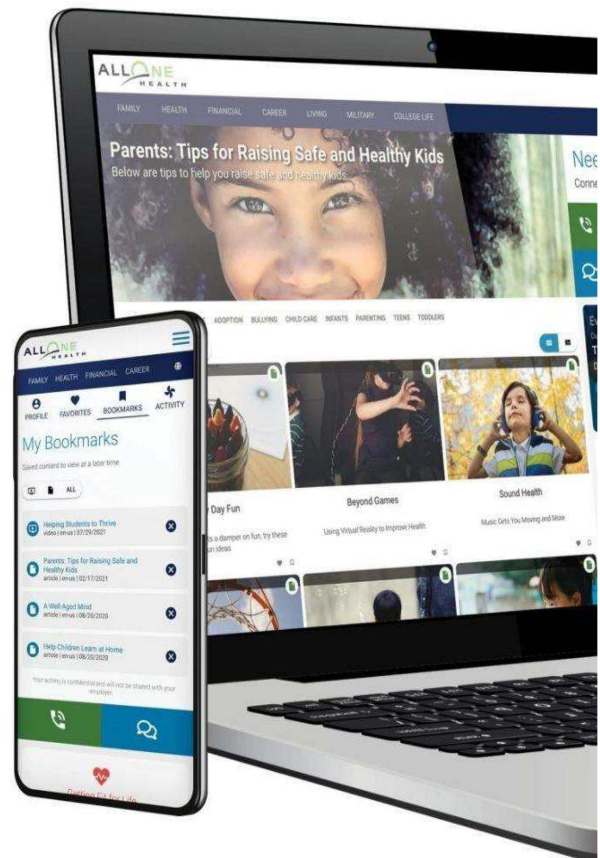
Health and lifestyle assessments, interactive checklists, soft skills courses, podcasts, resource locators, exclusive discounts, and expansive articles on whole health and well-being.

Visit Your Online Financial Center

Featuring worksheets, calculators, and a wide range of financial resources and tools to help reach personal goals and build financial wellness.

Getting Started Is Easy

1. Visit: <https://myassistanceprogram.com/students> and click on "Log In to the Student Portal"
2. Register to create a new account using your institution code: **regissa**
3. A confirmation email will be sent to complete the process



Call: 800-756-3124

Visit: <https://myassistanceprogram.com/students>
Code: regissa

